

Artificial respiration

Back Pressure—Arm Life Method!

1. Place the subject face down, clear mouth and throat, place his hands one upon the other. Turn face to side.



2. Place hands as shown with back of hands just below a line running between armpits.



3. Rock forward until arms are approximately vertical, next slow, gentle pressure downward (approx. 40 lbs. for male adults). This forces air out of lungs. Keep your elbows straight.



4. Release pressure, grasp subject's arms just above the elbows and slowly back, drawing his arms upward and toward you. Keep your arms straight. Then lower the arms to the ground and change to the reverse position.



NOTE—

Heart immediately and continue until breathing is restored or Rigor Mortis sets in. Call a doctor. Blanket victim. The cycle should be repeated 12 times per minute with two seconds pressure, 3 seconds expansion.

Way paved for employees' CD courses

Manitoba provincial government employees who in their spare time are actively engaged in civil defence work can now be given leave-of-absence with pay, on approval of their department heads, to attend CD courses.

Hon. John B. Carroll, minister responsible for administration of the civil defence act, and the urgent need for a well-established civil defence organization had prompted the decision. He said such a step had been recommended by the civil defence advisory board.

The order-in-council will enable key CD workers who are provincial civil servants to attend courses at the Civil Defence College at Amherst, Ont., on recommendation of the CD co-ordinator.

GOOD GROOMING

Personal cleanliness is essential to any young man or woman starting out on a career. Regular bathing, the use of a good deodorant as well as use of the toothbrush immediately after eating will help to make any person more attractive and pleasant to work with.

PRACTICE ROAD COURSE

Cadets take bus tour

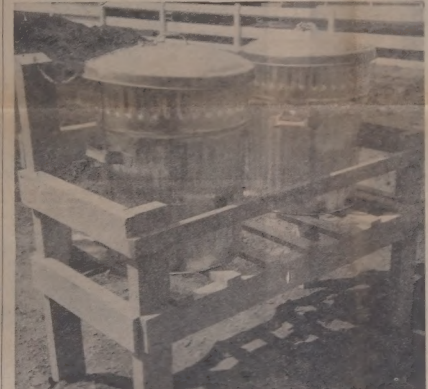
A 50-passenger bus loaded with cadets from 170 Squadron, Winnipeg, and 633 Squadron, Kamnash, took off from RCAF Station Neill Island camp on a 90-mile trip to Qualicum beach on Vancouver Island.

Along the way the bus drove gave the lads a running comment.

(The Mercury, Estevan, Sask.)



CLEAN UP WEEK—Estevan Chamber of Commerce is sponsoring the Clean Up Week campaign in the City of Estevan this year with the major effort being directed in the direction of improvement with Estevan Health center, are situations like this which Health officials designate as "ideal rat havens" besides being fire hazards and unsightly accumulations. —Estevan Chamber of Commerce photo



BETTER THAN MORT—This Estevan housewife has made an attempt at house-painting, but the arrangement still leaves much to be desired, according to Estevan Health Center officials who are warning with the Estevan Chamber of Commerce is a concentrated Clean Up Week campaign. The two paid jobs given sufficient garbage capacity, but the lack of a secure stand and full covers, plus the open incinerator tends to promote rat population, increase unsightly back-alleys and a generally unsanitary condition, says Health officials. —Estevan Chamber of Commerce photo



SANITARY—Recommended by health authorities as the most sanitary, neat and effective method of handling garbage is the double-pail stand shown here. Estevan Health Center officials have plans for the arrangement which are available to anyone wishing them. The heavy stand keeps the pails off the ground so that they cannot be tipped over by hands or other marauding animals and cannot be entered by rats. The lid is designed to the stand so that it cannot be neglected or removed. The double-pail capacity is recommended as sufficient capacity to handle a week's garbage from most homes. —Estevan Chamber of Commerce photo

past Father's Day with his hundreds of waiting cars (buses) have priority) and to Blanche Ferry "Tahiti" ferrying 70 cars and 800 passengers.

About the ferry for a two-hour trip, the boys had adequate time to inspect the far deck, the lounge deck, the boat deck, and the upper deck, to take a turn at the helms as the ferry flew by. Arriving in Manitoba, the boys proceeded south 30 miles to St. C.

famous two-mile long sandy beach where the temperature on the shore was 82 degrees and the water 67 degrees.

After two and one-half hours of water sports and collecting and fishing, the return trip was made to Manitoba. Most of the late remained on the boat to feed the gulls, but the boys took the ferry back to the shore. The colorful lights of Vancouver came into view. Landing again at Mission Bay, everyone enjoyed the picturesque view of the city as the four took home along the newly built elevated mountain road, through Canada's best shopping centre, Park Royal, past the exclusive British Columbia residential section, across the new bridge, past Chinatown (the second largest such section on the North American continent), and as the hour 2:00, and everyone was hungry, they stopped at the famous Vancouver-Cent hamburger shop. With everyone happy and singing, they headed for camp arriving at 2:30 hours, tired, but happy. —The Times, Kamnash, Sask.

Echo named best all round

The Red River Valley Echo was named best all around weekly in Manitoba as the fourth best news paper at the annual convention of the Manitoba Weekly Newspapers Association in Winnipeg. It also placed second in the best editorial page competition. Other winners in the best all around contest for papers with a circulation of over 1,500 were Carman Dufferin Leader, second, and Marlin Times, third. In the under 1,500 group, the Winnipeg Progress topped the competition. Brandon Herald placed second, and the Marlin Times, Canadian and Bourke Herald tied for third. Daughan Herald scored top honors in the editorial page contest, the Echo was second, and the Marlin Times placed third. Since the founding of the Echo in 1941, the paper has won a total of 30 awards. In 1956 it received first in the provincial competitions and three in the national.

Nearly 20 vitamins that are known or believed to be important to human well-being have thus far been discovered.

In order to hit the target of success a man must take careful aim before he shoots.

(The Mercury, Estevan, Sask.)

Milk is an all-purpose drink

Milk is not only an almost perfect food and a pleasant and reforming is economical. For those who are reducing, skim milk contains calcium, riboflavin, protein and some vitamin A and thiamine, as well as other minerals and vitamins. Whole milk is available in liquid, evaporated or powdered form. The powdered form, of course, or skimmed milk are useful at camp or summer cottage where pasteurized milk is not readily available.

Mental clinics to help everyone

Mental health clinics offer many types of service to young and older may be consulted through the school or local health unit. Available free of charge is a series of folders dealing with various phases of childhood. These folders are obtainable upon request to local or provincial health departments.

Forty-two of the 50 highest mountain peaks in the United States are in the state of Colorado.

SPEED Kills



Visit the Tree Planting Car

Meetings are held in the Car at each point on the library, at eight o'clock in the evening. When schools are open, arrangements are made with the school authorities to have the pupils visit the car during school hours. Sound films of the results obtained by farming people through planting trees, and give practical advice.

THE 1956 ITINERARY

SASKATCHEWAN	Biggar	FT. Assiniboia	Weyburn	Regina	Yorkton	North Battleford	Estevan	Swift Current	Weyburn	Regina	Yorkton	North Battleford	Estevan	Swift Current
Biggar	FT. Assiniboia	Weyburn	Regina	Yorkton	North Battleford	Estevan	Swift Current	Weyburn	Regina	Yorkton	North Battleford	Estevan	Swift Current	Weyburn
Biggar	FT. Assiniboia	Weyburn	Regina	Yorkton	North Battleford	Estevan	Swift Current	Weyburn	Regina	Yorkton	North Battleford	Estevan	Swift Current	Weyburn

TRAFFIC STOPPER—Items like this always are traffic stoppers on the highways and occasionally they contribute to back alley traffic stoppers. Removal of such items to proper waste disposal grounds will be part of the Estevan Chamber of Commerce effort during Clean Up Week. "Things like this are fire hazards and heavens for rats as well as being unsightly," points out Estevan Health Center officials who are working with the Chamber of Commerce during Clean Up Week. —Estevan C. of C. photo



NETSACENS—Abandoned, worn out or wrecked automobiles, such as the one shown here, are unsightly nuisances. Whether they are on a vacant lot or in a backyard in the city, and part of the Estevan Chamber of Commerce effort during Clean Up Week will be the removal of these to the waste disposal grounds. Estevan Health Center officials designate such accumulations as this as "rat homes" for rats and poor places for children to play. —Estevan Chamber of Commerce photo



New color tourist book being distributed

A new publication on tourist and holiday attractions in Saskatchewan is now being distributed by the Tourist Branch of the Department of Travel and Information. Hon. Russ Brown, Department Minister, said the 38-page book, containing numerous full-color as well as black and white photographs, was a comprehensive overview of recreation in the province by area and activity.

Entitled "Saskatchewan—Canada's Newest Vacationland", the book stresses the many kinds of recreation that can be enjoyed in the province as well as pointing to the attractions which make for an ideal family vacation.

Fishing, fishing, water sports and points of historical interest are featured in areas including the Bonanza, Qu'Appelle Valley, Cypress Hills, the Battlements and the Far north.

"We feel the publication is both informative and attractive," Mr. Brown said, "and adds considerably to our growing list of tourist literature." It is also enhanced by full-color illustrations by A. W. Dwyer, the Department's art director, including an estimated map of the province, wash drawings and representations of provincial emblems—the Sharp-Tailed Grouse and Prairie Lily.

Copies may be obtained from the Tourist Branch, Legislative Annex, Regina, and from other tourist offices throughout the province.

Webworms attacking young sugar beets

Sugar beet growers in southern Manitoba have been hard hit by a serious infestation of webworms, D. R. Robertson, provincial entomologist, reports.

Considerable damage has already been done and the infestation is still quite extensive, Mr. Robertson added. It is feared that a problem may continue for quite some time in sugar beet and sunflower fields.

Incidents with recent rains are prohibiting farmers from using spraying equipment to combat the pest. Some growers are using aircraft to spray their beets, Mr. Robertson continued.

The average length of English weeds is estimated at about 4 1/2 inches.

For small tots



by Alice Brunel

To be with a little child is a lot's joy. Imagine its pleasure, pondering over these children's faces, on separate blocks, in gay colors.

Fun to make crib cover or picture. Pattern 7187, transfer of green tots about 5 1/2 inches. Send thirty-five cents in notes for this pattern (stamps cannot be accepted). Print, please your name. Address Pattern Number. Address order to:

Household Arts Department, Household Arts Co., 67 Front Street, W., Toronto.

Two hundred cadets attend training camp

The first group of 200 Army Cadets take two weeks training at Chey Lake this summer before heading home on the weekend with healthy sustenance and for most—a few pounds more weight.

Since training got underway, the young cadets have spent eight hours a day in the parade square, on the rifle range and in the bayonet drill area surrounding the fenced camp. Swimming, softball and volleyball provided a healthy variety for the youths.

Almost all the cadets had two or more visits to the resort town of Wausagnien, eight miles from camp, and have mailed home hundreds of postcards of the area.

According to Capt. E. Roy Hudson of Port Williams, Camp Provost, Chaplain, the cadets are "an excellent group of boys." He and Maj. Leo MacDonald of Winnipeg, Campy Roman Catholic Chaplain, have held a weekly "Padre's Hour" and Divine services for the cadets.

Capt. Bill Galsford of Winnipeg, Chief Instructor, stated he was pleased with progress of the cadets, all of whom were spending their first year as Army cadet camp. Of the 200 boys, only two showed signs of being new recruits. The 14-year-old youths, all potential corporals, were selected to attend camp on their ability to take leadership responsibility. They are members of Cadet Corps from the Lakeshore, Manitoba and Saskatchewan.



STANDING GUARD at the main entrance to the Army Cadet Camp are Maple Creek Cadets Ron Malden on the telephone and Leslie Burton on sentry duty.



LOAD AMMUNITION CHARGES—These Battledore cadets load ammunition charges prior to rifle firing on the camp ranges. From the left are Cadets Len Larson, Gerald Wille and Alf Choney.



HAVING CHAT—Two Duck Lake cadets with Maj. Leo MacDonald, Camp Provost Catholic Chaplain, during the weekly "Padre's Hour." They are Cadets Dave Greyson, left, and Gerald Pettit.



CHAT WITH CHAPLAIN—Two Dismantle cadets chat with Capt. E. Roy Hudson, Camp Provost Chaplain, during the weekly Padre's Hour. They are Cadets Ivan Thomson, left, and Francis Ordog.



FIELD CRAFT TRAINING—Three Pine Falls cadets with dirt-smeared faces for camouflage, peer ground and over a large boulder during infantry fieldcraft training. They are, from the left, Cadets George Dychuk, Rhea Morrisette and Andy Berthelotte.



EYE ON THE BALL—Dauphin's Cadet Richard Ubrunski keeps his eye on the ball while catching in a softball game between platoons. All cadets receive expert instruction in the various games.



RIFLE FIRING—Gravelbourg's Cadet Edward Doll times his rifle on the bull's eye during rifle firing on the camp range.



LOOKS FOR GOOD ONE—Carleton Place's Cadet John Anderson looks for a good one while at bat in a softball game. All cadets receive expert instruction in the various games.

